



PARENT/TEACHER PIT STOP

Team up to keep kids safe online!

Parents and teachers play a big role in helping kids build smart habits and stay safe online. Here are some tips, conversation starters, and a checklist to guide the way!



PARENT TIPS



Be Involved

Know what sites, apps, and games your child uses. Show interest and ask questions!



Set Boundaries

Create clear rules for screen time, content, and online behaviour.



Stay Informed

Learn about the latest apps, games, and trends your child is using.



Teach Critical Thinking

Help kids think before they click, share, or believe something online.



Lead by Example

Model good digital habits and show how to use tech safely and responsibly.



CONVERSATION STARTERS



What games or apps are you playing or using right now?



Who do you talk to online?
Do you know them in real life?



Have you ever seen something online that made you feel weird or uncomfortable?



What would you do if someone asked you to share personal information?



What can you do if something online doesn't feel safe?



ONLINE SAFETY CHECKLIST

☐

I keep my personal information private (address, school, phone number, passwords).

☐

I think before I click on links or download files.

☐

I only talk to people online that I know and trust.

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I ask for help if I see something that makes me feel uncomfortable.

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I set strong passwords and keep them secret.

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I treat others online with kindness and respect.

☐

I take breaks from screens and balance my time.

☐

I know where to get help if I need it.



QUICK TIP!

Keep the conversation going and check in often. You're their best digital defender!



TOGETHER, WE CAN:



Build confidence



Prevent problems



Create a safer online world